

# BULLETIN

# 494 September 16 – 30, 2013

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto  
Phone Hours: M–F from 9–5 / Drop-in Hours: M–F from 9–4  
Tel: 416 595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

## Public Meeting on Expansion of Use of Conducted Energy Weapons - Tasers

The Toronto Police Services Board, through its Mental Health Sub-Committee, is seeking input into the wider use of Conducted Energy Weapons and will hold a public meeting for this purpose on:

**Tuesday September 24 from 4:30 - 7 pm**

TORONTO CITY HALL (100 Queen Street West at Bay), Committee Room 4.

Deputations will be limited to 5 minutes in length; to sign up to make a deputation, please contact

Sheri Chapman at [sheri.chapman@tpsb.ca](mailto:sheri.chapman@tpsb.ca) or at 416 808-8080.

In addition, written submissions may be provided by email to this same address.

## The Reva Gerstein Legacy Fund

The Reva Gerstein Legacy Fund is seeking submissions for 2013/2014. This is the 7th year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community. The total amount to be distributed is \$10,000. each year for 10 years. This is a gift from Reva Gerstein's grandsons on the occasion of her 90<sup>th</sup> Birthday.

Last year we were able to fund People and Pets, PhACS and Mad Pride Toronto. We also helped with seed funding for a timebank project (Psychiatric survivors sharing their skills), helped fund an anxiety recovery workshop and tuition for a psychiatric survivor. We are looking to receive proposals by November 1, 2013 so that we can meet with the groups in early December and distribute the money early in 2014. Proposals should have a budget of no more than \$4,000.00 and should be sent to the Gerstein Centre, 100 Charles Street East, Toronto, M4Y 1V3 or emailed to [pquinn@gersteincentre.org](mailto:pquinn@gersteincentre.org).



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, Photoshop, etc. She can be reached at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

# Community Announcements

## WRAP Groups Around Toronto

Have you heard of WRAP (Wellness Recovery Action Plan)? WRAP was created by Mary Ellen Copeland and is continued today by groups of people who experience mental health challenges. These people learned that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness. The result has been recovery and long-term stability. WRAP does not necessarily replace traditional treatments, but can be used as a compliment to any other treatment options you have chosen.

Check out the list below and also, if you are receiving services from agencies, you might also want to check with those agencies directly to see if they offer WRAP. You may also want to ask to be put on a contact waitlist, if they don't have any open spaces right now. We recommend selecting a location and group that fit with your ability to attend and committing to participating in a group there and if you do need to be put on a waiting list choose one location only. These locations across Toronto are traditionally open to anyone in the community and hold WRAP groups from time to time. Please contact them to find a group near you:

### **Community Resource Connections of Toronto (CRCT)**

210 Dundas St West  
4<sup>th</sup> Floor, Toronto  
416 482-4103  
[www.crct.org](http://www.crct.org)

### **Gerstein Centre**

100 Charles Street East  
Toronto  
Please contact Nicki at  
416 929-0149  
\*Groups also happen at  
Gerstein's Bloor Site at  
Bloor/Dufferin  
[www.gersteincentre.org](http://www.gersteincentre.org)

### **Accent on Abilities**

Woodbine/Danforth, Toronto  
416 760-2197 or email  
[peersupport@accentonability.org](mailto:peersupport@accentonability.org)

### **Krassman Centre**

10121 Yonge Street  
Richmond Hill  
905 780-0491  
1-888-780-0724  
[www.krasmancentre.com](http://www.krasmancentre.com)

### **Mood Disorders Association of Ontario (MDAO)**

36 Eglinton Ave. West, # 602  
416 486-8046  
1-888-486-8236  
[www.mooddisorders.on.ca](http://www.mooddisorders.on.ca)

### **Pathways**

25 Neilson Road  
Scarborough  
Phone: 416 208-0131, ext. 222

### **North York General Hospital Participants' Council**

555 Finch Ave W,  
Room 131 Toronto  
Please contact Theresa at  
416 633-9420 ext 1-6967  
[www.nygh.on.ca](http://www.nygh.on.ca)

### **What Next! Peer Support Drop-in**

3701 Chesswood Drive,  
Suite 208, Toronto  
416 449-4555  
[www.whatnextdropin.ca](http://www.whatnextdropin.ca)

## Harm Reduction 101

Facilitated by Toronto Public Health staff, this intensive two day workshop features community speakers who offer innovative harm and risk reduction programming across the City. Starting with basic concepts, the workshop covers a range of topics such as the determinants of health and stigma, safer smoking and injection, housing, hepatitis C, safer sex work, working with peers, legal concerns, and the impact of trauma. This is a free workshop. Food and drinks are not provided.

For more information and to register, please contact: Toronto Health Connection at 416 338-7600  
Or email: [publichealth@toronto.ca](mailto:publichealth@toronto.ca)

September 18-19, Metro Hall, Toronto Room 314;  
October 19-20, Metro Hall, Toronto Room 310; or  
November 20-21, Metro Hall, Toronto Room 314.

9:30 am SHARP to 4:30 pm each day of the two  
day workshop.

# Documentary Film Screenings

## BackWards Productions Presents...

### If These Walls Could Talk:

#### Stories Behind Toronto's Psychiatric Patient Built wall

Toronto's Centre for Addiction and Mental Health was first built in 1850, and was then known as The Provincial Lunatic Asylum. This film traces the history of the institution, and tells the stories of some of the patients, whom despite degrading treatment, managed to escape or rebel. It also explores contemporary narratives of mad people, as they cope in today's world.

**Saturday, September 28, 2013, 7:00 pm**  
**The 519 Church Street Community Centre**  
**(Second Floor Ball Room)**  
This is a **free** event.

For more info contact: [BackWardsComments@gmail.com](mailto:BackWardsComments@gmail.com)

This film has been endorsed by the Dream Team

### What's Art Got To Do With It?

#### A Homegrown Documentary on the Healing Power of Art and Community.

October 1, 2013 from 6:00 pm - 10:00 pm

What's Art Got To Do With It? takes us inside the world of mental illness, homelessness, addiction and poverty. Featuring five people who, despite their unique challenges, find fulfillment and celebration in their new-found interest in art. Opening remarks from Mary Deacon, Chair of Bell Let's Talk Mental Health Initiative. TIFF Bell Lightbox, 350 King Street West, north-west corner of King & John Streets. Tickets available September 9th at [www.tiff.net](http://www.tiff.net). \$15.00 online, or **pay what you can option at the door**. For more info: [http://www.tdin.ca/new/show\\_news.cfm?id=195](http://www.tdin.ca/new/show_news.cfm?id=195) or 416 599-TIFF or 1 888 599-8433.



## The Swimming Pool at CAMH Queen Street has a new schedule!

How satisfying it is to see when advocacy efforts bear fruit. After much community lobbying, meetings and petitions, CAMH has changed its policies regarding the swimming pool and has hired lifeguards and opened up the pool. It started slowly, open only to inpatients, but in August, the gates really opened and outpatients are now welcome and can swim without a staff person to accompany them. Also, a woman lifeguard has been hired so there can be women-only swim times.



### Pool Schedule for September & October, 2013

Time	Tuesdays	Wednesdays	Thursdays	Fridays
11:00am to 11:45am	Low Stimulus Swim (quieter, smaller numbers, for those clients who need extra support to use the pool)	Women Only (NB: we now have a female lifeguard)	Low Stimulus Swim	Women Only (NB: we now have a female lifeguard)
11:45am to 1:00pm	Staff Only	Staff Only	Staff Only	Staff Only
1:15pm to 2:15pm	Open to All	Open to All	Open to All	Open to All
2:15pm to 2:45pm	2:15pm to 3:15pm CYU	Lifeguards on Break	Lifeguards on Break	Lifeguards on Break
2:45pm to 3:45pm	3:15 to 3:45pm Open to All	Lane Swim	Open to All	Lane Swim
3:45pm to 4:45pm	Outpatient Swim	Outpatient Swim	16:00 - 17:00pm CYU	Outpatient Swim
4:45pm to 5:45pm	Staff Only	Staff Only	5:00 pm Onwards Staff Only	Staff Only
6pm to 7pm	CAITS/IRU	Open to All	Open to All	Open to All

Saturday Times	11:00am to 12 noon	1:00pm to 3:30pm	3:30pm to 4:00pm	4:00pm to 5:15pm	5:15pm to 5:45pm	5:45pm to 7pm
	Low Stimulus swim	Open to All	Lifeguards on Break	CYU	Lifeguards on Break	IRU/Open to all

\*Please note inpatient clients must be accompanied by staff. Staff are to use their swipe card to access the pool area for all swims. Outpatient clients do not need staff accompaniment.

# Employment & Training Matters



## **Gerstein Crisis Centre is seeking Volunteers to join our Board of Directors**

The Gerstein Centre provides crisis intervention to adults living in the City of Toronto, who experience mental health problems. The Centre provides telephone, face to face and on site support for individuals in crisis including those experiencing issues related to substance use. Our service is non-medical. In 2007, Gerstein Centre opened a second site in the west end of the Toronto. The second site provides short term crisis support for persons with mental health problems who are also involved with the criminal justice system.

The Gerstein Centre is looking for volunteers for our Board of Directors, able to commit 3-5 hours per month for a minimum of one one-year term. The Board meets once a month. Currently, there are committees in the following areas: Human Resources, Fundraising, Governance/Nominations and Finance. Expertise in any of these areas would be considered an asset.

Gerstein Centre is committed to equity principles and hopes to broaden the diversity of the Board. We are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system.

If you are interested in this opportunity or would like more information, please contact Paul Quinn (Executive Director) by phone at 416-929-0149 x222 or by email at [pquinn@gersteincentre.org](mailto:pquinn@gersteincentre.org) by **September 30<sup>th</sup>, 2013**.

You can also find more information on our website at  
<http://www.gersteincentre.org/volunteer>

# George Brown College

## Augmented Education Programs

Come join us for an exciting training and employment opportunity! George Brown College will be hosting an Information Session for each of our FREE programs:

Assistant Cook  
Extended Training (ACET)  
Date 1: Thursday, September 19, 2013  
Date 2: Thursday, October 3, 2013  
Date 3: Thursday, October 17, 2013

All of these sessions are in:  
Room: 352E at 3:00 pm  
At: St James Campus, 200 King St E

Application Deadline is October 18, 2013

Construction Craft Worker  
Extended Training (CCWET)  
Date 1: Wednesday, September 25, 2013  
Date 2: Wednesday, October 23, 2013

All of these sessions are in:  
Room: C536 at 12:30 pm  
At: Casa Loma Campus, 146 Kendal Ave

Application Deadline is February 7, 2014

Please RSVP at [auged@georgebrown.ca](mailto:auged@georgebrown.ca) or 416 415-5000 x 6790 with your name, phone number; indicate which info session you'll be attending and number of people attending. Attendance at the information session is NOT mandatory.

## Workplace Essential Skills Partnership

**Are you a College/University grad with a disability?**

**Are you looking for work?**

The **Workplace Essential Skills Partnership (WESP)** is a FREE dynamic cross disability employment program for professional job seekers with disabilities.

- ✓ Increase your confidence and grow your network
- ✓ Enhance your resume, cover letter, and interviewing skills
- ✓ Gain exclusive access to WESP Career Development Sessions
- ✓ Access employers hiring "qualified" candidates with disabilities

Income Supports (ODSP, OW, EI, etc.) are NOT REQUIRED to attend WESP. Registration is now OPEN for Fall 2013: October 7 – October 25. Contact our Intake Coordinator for more information or to book an intake appointment – self referrals are welcome! 416 486-2500 x 8307 [www.ccrw.org/wesp](http://www.ccrw.org/wesp) [wesp@ccrw.org](mailto:wesp@ccrw.org)  
1929 Bayview Avenue. This Project Is Brought to You by the Canadian Council on Rehabilitation and Work ([www.ccrw.org](http://www.ccrw.org)) and Funded by Employment Ontario.

## Essential Skills Upgrading Classes

Are you an adult who needs help with reading, writing, and math? Let us help you with your educational or employment goals. This is a joint program with the Toronto District School Board, the Literacy Council and Metro Toronto Movement for Literacy. Funded by the Ministry of Training Colleges and Universities (MTCU) and Employment Ontario. Classes are held at over 30 Toronto locations. Monday to Friday, full time or part time, daytime or evenings. Call now for more information on these free classes 416 393-1995 or check out the website at [www.upgrademyskills.ca](http://www.upgrademyskills.ca)

# 2nd Annual Accessibility Career Fair for Persons with Disabilities

The 2<sup>nd</sup> Annual Accessibility Career Fair for Persons with Disabilities (PWD) is hosted by Scarborough Centre for Employment Accessibility (SCEA) and Toronto Employment & Social Services (TESS). This special PWD Accessibility Career Fair is being held on **Thursday, October 3<sup>rd</sup>, 2013 from 11 am - 3 pm** at the **Community Outreach Centre, 1250 Markham Road**. This venue is fully accessible, with ample free parking, located a very short distance from Hwy 401 and easily reachable by TTC.

- One-on-One Resume Reviews and Job Coaching
- Mini Assessments by an Employment Advisor
- American Sign Language Interpreters
- Seating areas for Career Fair

For more information contact Scarborough Centre for Employment Accessibility staff at 416 396-8100.

## Ve'ahavta Street Academy Fall 2013

Classes start: October 22 to December 12 – Application deadline is **September 20**

Break the chains of poverty in your life; make a lasting change through education. Now accepting applications for this free program held at George Brown College Casa Loma campus. Transportation and lunch are provided. The course consists of: Communication Skills, Life Skills, Diversity Training, Career Exploration, Awareness, Academics, Hope and Inspiration and much more.

How to apply: Write a one page letter to Ve'ahavta including the following: your name, address, contact information and your personal history (addictions, mental illness, poverty, marginalization). Also, please answer the following questions in detail: What is your past experience with the educational system? What barriers do you face in obtaining education? What are your dreams for the future?

Send your responses to attention Eric Cisterna, email: [eric.cisterna@veahavta.org](mailto:eric.cisterna@veahavta.org) – please indicate in the subject line "Ve'ahavta Street Academy Application (Fall Session)". Or respond by mail: 200 Bridgeland Avenue Unit D, Toronto, ON M6A 1Z4, or by fax: 416 964-6582.

## Things To Do...

**Free and Low-Cost Events for September 16 to 30, 2013**

For TTC information call 416 393-4636 (INFO) or visit the TTC website.

### Art

Saturday, September 21 and Sunday, September 22, from 10:00 am to 5:00 pm. **Art Down By The Bay Fall 2013** is The Beach Guild of Fine Art's Fall Show and Sale featuring paintings by over 40 of the Guild artists. Free admission and free parking. Beaches Lion's Club, 10 Ashbridge's Bay Park Road. All ages. **Free**

Saturday September 21 10:00 am to 4:00 pm. **Creative on Queen**. Art, Music, Food – A Centre of Creativity on the Queen West Art Crawl. CAMH Lawn, 1001 Queen Street West. **Free**.

September 21 and 22. **Queen West Art Crawl**. 2013 marks the 11<sup>th</sup> anniversary. Purchase a great work of art from one of our 250+ jury-selected artists at the Outdoor Show and Sale in Trinity-Bellwoods Park, or take part

in a walking tour and attend a talk by one of our featured guest speakers. Plenty of art events from the family-friendly KidsZone to the edgy and innovative Parkdale Nightcrawl. Various venues from Bathurst to Roncesvalles. 416 516-8301 or [www.queenwestartcrawl.com](http://www.queenwestartcrawl.com) Free

## Festivals



Sunday, September 22, from 11:00 am to 6:00 pm. **The Word On The Street** is a national celebration of literacy and the written word. Each September, in communities coast to coast, the public is invited to participate in hundreds of author events, presentations and workshops and to browse a marketplace that boasts the best selection of Canadian books and magazines you'll find anywhere. There is always plenty to see and do at Canada's largest book and magazine festival, and best of all, The Word On The Street and all of its events are free! Queen's Park Circle. **Free**

## Food

September 20 to 21. **Pan American Food Festival**. Experience the cultural diversity of the 41 countries that make up North, Central and South America and the Caribbean through national and regional cuisines, art and music. This is the first presentation of Canada's only festival that celebrates the food and culture of all parts of the Western Hemisphere. Harbourfront Centre. 235 Queens Quay West. [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) **Free**

## Health & Wellness

Wednesday September 18 from noon to 1:00 pm. **Health Information Workshop on Seasonal Depression**. The Scarborough Hospital is hosting this workshop. Join us at The Scarborough Hospital's Global Community Resource Centre, 3050 Lawrence Avenue East at McCowan. Phone: 416 438-2911. **Free**

Friday, September 27 from 1:00 pm to 3:00 pm. Join us for a free health talk on **Rheumatoid Arthritis, Osteoarthritis & Fibromyalgia** topics include: signs and symptoms of these 3 conditions, causes and treatment methods and where to get help. To register, let us know your name and contact number by emailing [sarah.cunningham@uhn.ca](mailto:sarah.cunningham@uhn.ca) or by calling 416 603-6475. Toronto Western Hospital Auditorium, 2nd Floor, West Wing, 399 Bathurst Street (just north of Dundas Street West). **Free**

## High Park Zoo



Saturday September 21 from 11:00 am - 3:00 pm. Friends of **High Park Zoo** invite visitors of all ages to join us at High Park Zoo, celebrating its 120th year, this weekend. While the Zoo is open every day from 7:00 am to dusk, come get closer with the animals this weekend at the Llama Pen. Friends of High Park Zoo volunteers open the Llama Pen weekends and statutory holidays from 11:00 am to 3:00 pm (beginning in March until the end of October) allowing visitors to feed and pet the llamas (Honey and her friends) and interact with other animals such as chickens, rabbits and wallabies (Zoomer, Aussie and their friends) and capybaras. **VOLUNTEER:** Volunteers are needed at High Park Zoo to support these activities. If you are interested, email us at: [friendsofhighparkzoo@gmail.com](mailto:friendsofhighparkzoo@gmail.com). For more info contact us by email: [friendsofhighparkzoo@gmail.com](mailto:friendsofhighparkzoo@gmail.com) or <http://www.highparkzoo.ca> High Park Zoo Deer Pen Road. All Ages. **Free**



## History

September 18 from 7:30 pm to 9:30 pm. **How the Railroad Shaped Toronto** - Speaker Derek Boles, chief historian of the Toronto Railway Museum and author of the book Toronto's Railway Heritage. Co-sponsored by the North York Historical Society and the North York Central Library, Canadiana Department. Contact: Linda, Email: [gargarol@hotmail.com](mailto:gargarol@hotmail.com) Phone: 416 395-5623. North York Central Library, Room 1, 5120 Yonge Street. All welcome. **Free**

## Music

Did you know that some branches of the Toronto Public Library have piano rooms that you can practice in? 3 locations offer this to the public: North York Central, Parliament and The Toronto Reference Library. For more info call the Library Info Line at: 416 393-7131

## Neighbourhoods

September 17 from 7:30 pm to 9:00 pm. **Building Vibrant Neighbourhoods with Powerful Communities.** Building Vibrant Neighbourhoods with powerful communities with guest speaker Jim Diers, the former director, Seattle's Department of Neighborhoods, at Monarch Park Collegiate, 1 Hanson Street. Adults. **Free**

## Sales

Thursday, Sept 19 10:00 am – 8:00 pm, Friday September 20 9:30 am to 5:00 pm, Saturday, September 21 9:00 am to 4:00 pm. **Book Ends South Treasures & Good Books Sale.** Giant annual fundraiser for the Toronto Public Library. Great deals on first editions, signed, rare, antiquarian and collectable books in many categories. For more information: 416 397-5948 or [friendssouthchapter@torontopubliclibrary.ca](mailto:friendssouthchapter@torontopubliclibrary.ca) Toronto Reference Library, 789 Yonge Street. \$2 admission on Thursday only, free on Friday and Saturday.

Saturday, September 28, from 9:00 am - 2:00 pm. **Central King Senior's Residence's Annual Garage Sale.** Huge Indoor Sale. It's that time of year again. Loads of Bargains to be had and Treasures to be found. For more info email [cksr@on.aibn.com](mailto:cksr@on.aibn.com) Central King Seniors Residence, 15 King Street. All Ages. **Free**

## Yoga

Saturday, September 21 and 22, 10:00 am to 6:30 pm. **Yogapalooza.** Join us for an outdoor celebration of music, movement and meditation. Our free, family-friendly festival of movement, music and meditation Includes a drum circle, performances, kids' yoga space, a community tent, a wholesome market and of course a variety of yoga classes for the whole family to enjoy. Harbourfront Centre, 235 Queens Quay West. Visit: <http://www.harbourfrontcentre.com/> or [www.yogapalooza.ca](http://www.yogapalooza.ca) or call 416 973-4000. All ages. **Free**

---

**To subscribe to The Bulletin** call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Ministry of Health and Long - Term Care via the Toronto Central LHIN (Local Health Initiative). It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. [www.csinfo.ca](http://www.csinfo.ca)

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of our funder, the Ministry of Health and Long - Term Care, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.



How about converting to email and doing a favour for our planet? Call the C/S Info Centre at 416 595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca). Your Mother Earth will thank you. Your Bulletin Team, Helen, Cassandra and Arlene.

## Please Join us at Our Annual General Meeting on October 21 at 6:00 pm.

Our AGM will be held on Monday October 21, 2013 at 6:00 pm at **PARC, 1499 Queen Street West**

Becoming a Regular Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and vote for candidates to our Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

### General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail: C/S Info Centre, c/o CAMH, 1001 Queen Street West, Toronto ON M6J 1H4 or email [csinfo@camh.ca](mailto:csinfo@camh.ca) or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

- Regular Member - You must be a consumer/survivor from the Greater Toronto Area.  
 Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Email: \_\_\_\_\_

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

**You do not need to be a member to continue to receive the Bulletin**